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THE LAST WORK OF
GURUDEV SRI SWAMI SIVANANDA

ELIXIR DIVINE

THE DIVINE LIFE SOCIETY PUBLICATION

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ELIXIR DIVINE

By

SRI SWAMI SIVANANDA

Published By

THE DIVINE LIFE SOCIETY

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PREFACE

We are happy to present to the public and the seeker-world in particular this further reprint of His Holiness Sri Swami Sivanandaji's last work, 'The Elixir Divine'. This little book of profound teachings from a mighty saint of the modern age attracted many an aspiring soul and we found that in a short period all the copies of the previous edition got quickly distributed and a necessity was felt to bring out this edition. We have a firm hope that the Sadhakas the world over will deeply benefit by a study of these precious gems of wisdom contained in this beautiful work of inspirational writings from the pen of the great Saint.

This should, indeed, be a *vade-mecum* for the aspirants on the Path.

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H.H. SRI SWAMI SIVANANDAJI MAHARAJ

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FOREWORD

In this complex universe, life is an inexplicable mystery that touches both this world as well as God at the same time. Its source is in God; its manifestation is upon this world of names and forms. When human life loses conscious contact with God and drifts away from the central reality, it gets enmeshed in the world-process, and the result is misery, sorrow, suffering, grief and pain. When human beings get caught in such a condition and move away from their awareness of God, then holy men of God, saints and sages of realisation point the way out of this bondage and restore to them the inner contact with their source. Man finds again peace and the bliss that he had lost through his spiritual forgetfulness.

The worshipful Guru Swami Sivananda was an illumined saint, who helped to restore this relationship of man with God in this Twentieth Century, when more than ever, the world occupies man's mind, leaving no place for God in his life. ELIXIR DIVINE is the last work of H.H. Sri Swami Sivananda before

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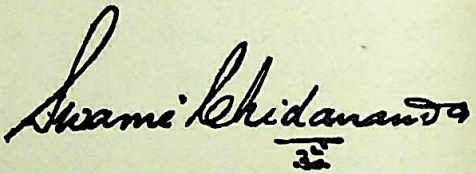
he laid aside his mortal vesture. It is verily true to its name, for through its pages we get the vivifying portion of Divine Wisdom by which we are spiritually revived and the life in tune with Divine is restored to us. It is a great sage's last message to mankind, bestowed out of His abundance of love to humanity. I wish its readers inward illumination and the needed solace.



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GO INTO SILENCE

Silence is Peace.
Silence is Brahman or the Absolute.
Ayam Atma Santah
This Atman is Silence.
Behind all noises and sounds
Is Silence—thy innermost Soul.
Silence is thy real Name.
Silence strengthens thought-power.
Silence is intuitive experience.
Silence helps the intuitional Self
To express itself.
To go into Silence is to become God.
Enter into Silence.
And become one with the Supreme Soul.

—Sri Swami Sivananda

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CHAPTER ONE

1. "I am the body" is ignorance. "I am Pure Consciousness" is wisdom.

2. Religion is philosophy practised in life.

3. By purchasing worldly enjoyments we sell the freedom of the soul.

4. The Law of spiritual evolution is service and sacrifice.

5. Atman or the Self cannot be defined in words, but can be experienced through intuition.

6. Desire implies a sense of want. Desire is imperfection.

7. Sow the seeds of devotion in the field of the heart. Water it with aspiration. Fence it with Satsanga to ward off the animals of passions. You will reap the rich harvest of peace and bliss.

8. To attain union with God be humble like a blade of grass, simple like a child, and love the Lord like Gopis.

9. The supreme Reality or Brahman is not merely an intellectual quest, but a spiritual conquest.

10. Faith cuts asunder the veil that hides God. Commune with Him and merge in Him. This is your goal.

11. Prayer is lifeless when there is no faith.

12. Compassion makes us Divine. Cruel nature makes us animals.

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13. Wisdom dawns when names and forms vanish.

14. 'Be yourself' this is wisdom.

15. When the Divine virtues increase, the mind will recoil from the pleasures of the senses.

16. All life is of God and God is in all life.

17. As the flower unfolds its petals to the light of sun, unfold the petals of thy heart to the light of the Lord.

18. Purified by the fire of wisdom one attains the state of God.

19. The fire of passion burns your Soul.

20. With every experience you evolve a little.

21. All outer facts and conditions correspond to the inner growth of the soul.

22. Karma, Upasana, Dhyana and Sakshatkara (action, worship, meditation and realisation) are the progressive stages of spiritual attainment.

23. Death is a recurring incident in an everlasting life.

24. All good actions have their beginning in good thoughts.

25. The root of happiness is God.

26. Dharma is the key to happy life.

27. Identification with the Supreme Spirit is the culmination of human existence.

28. Any action that takes us Godward is a good action.

29. Jnana is the vision of Truth.

30. Raga, Dvesha and Bhaya (attachment, repulsion and fear) are the products of ignorance.

31. Religion starts with fear, passes through

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love and adoration and culminates in the union with the Lord.

32. Enter the kingdom of the Lord through the gate of sacrifice.

33. When the external pleasures are renounced, internal bliss is realised.

34. Pride of renunciation is more harmful than pride of wealth.

35. Religion is the realisation that man, in essence, is God.

36. Die to matter and be born in Spirit.

37. 'World is unreal'—this is for a man of discrimination. 'World is God'—this is the experience of a saint.

38. Develop uniformity in thought, word and deed.

39. Fogs of worldly thoughts obscure the vision of God.

40. When the sun of wisdom rises, the fog melts and there is vision of God.

41. Great events arise out of small beginnings.

42. Begin each day as if it is the beginning of a new life.

43. Where there is love,there is peace and harmony.

44. Desire is poverty. Desire is imperfection. Desire is death.

45. Combine intense aspiration with single-minded devotion.

46. Knowledge is virtue. Ignorance is vice.

47. Selfishness is vice. Selflessness is virtue.

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48. The world of change implies a changeless being behind it. That changeless being is God.

49. Replace self-consciousness by God-consciousness through the attainment of wisdom.

50. Religion is a pathway to Perfection.

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CHAPTER TWO

1. God takes upon Himself the Prarabdha of the devotee.

2. Work done for the individual good binds; work done for the common good releases your soul.

3. Conscious actions tend to become unconscious habits.

4. Every little action has its effect on character.

5. The more we feel the presence of God, the more free we are.

6. Thy heart is the sanctum sanctorum. Install the Lord there and worship Him.

7. Peace and bliss result from Satsanga.

8. When devotion to God grows in intensity, the devotee desires nothing more than God.

9. God shows His grace to the devotee by manifesting as His Guru.

10. Prayer to God is selfish in the beginning, and becomes selfless later on and purifies the devotee's mind.

11. Love is its own reward and joy.

12. Atman or the Supreme Self is God.

13. Virtuous actions of the past produce Viveka and Vairagya.

14. Eradication of Vasanas results in Atma-Jnana or Self-knowledge.

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15. The 'ONE' remains, the 'many' change and pass.

16. In the world-drama God is the actor and also the audience.

17. Atman who is one and immutable by nature seems to have assumed innumerable forms.

18. Creation is the appearance of the Lord, Who is one,as many.

19. The essence of man and the essence of the world are the same.

20. Atman or the supreme Self is the witness and the Lord of the mind.

21 Mind feels, thinks and cognises objects.

22. Sow the seed of self-discipline. Water it with love. Fence it with Lord's Name. The tree will yield you the fruit of immortality.

23. The effect of all Sadhana (spiritual practices) is the removal of ignorance.

24. Vedanta is not merely a philosophical doctrine, but it is practical Self-realisation.

25. Love is the healing stream of life.

26. Man is a mixture of human element, brutal instinct and divine ray.

27. Prayer is the safety-belt when we are sinking in the ocean of Samsara.

28. You say, 'I did not hear, my mind was somewhere; I did not see, my mind was somewhere.' This clearly shows that the senses can function only in conjunction with the mind.

29. With every struggle you evolve a little.

30. God is immanent; Brahman is Transcendent.

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31. God is with Gunas or attributes; Brahman is attributeless.

32. God is love; Brahman is wisdom.

33. For a man, the world is full of diverse objects. For an aspirant the world is the manifestation of the Lord. But for a saint, the world is God Himself.

34. Purify your heart. Seek the Lord there and in solemn Silence.

35. Candle burns itself to shed light. Burn your impurities by selfless service to radiate the light of knowledge.

36. Get up at dawn with His Name on your lips. Do your duties with His Name in your heart. Retire to bed with His Name on your lips.

37. Let God be your Life.

38. Time has no meaning in eternity.

39. Spirit gives eternal life.

40. Lift up your eyes and behold the beauty and glory of the Lord.

41. He who attains God will never feel hungry or thirsty.

42. Love alone can cure all the ills of life.

43. Turiya is the consciousness of unity bereft of all dualities.

44. The crown of spiritual life is the vision of unity.

45. Ascend the zenith of spiritual perfection and behold unity.

46. A blind man cannot see but can feel the objects and understand them. But a spiritually blinded man can see objects but cannot understand what they are in reality.

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47. Mind is not self-luminous. It borrows light from the Atman or the Supreme Self.

48. Subdue Tamasic action, sublimate Rajas into Sattva by selfless service, transcend Sattva by Self-knowledge.

49. When Sattva grows in man divinity radiates through him.

50. When the mind is serene Truth shines.

51. Mind can attend to one thing alone at a time.

52. Mind is Maya. Mind is a modification of Prakriti.

53. The lower mind is your enemy and the higher mind your friend.

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CHAPTER THREE

1. Without suffering and struggle there is no enlightenment.

2. There is an immortal element in man, which is neither the body, the mind, the senses, the Prana nor the intellect. Realise this and become Immortal.

3. Intellect is the essence of Astral Body.

4. Samadhi is the key to open the gates of eternal bliss.

5. Embrace poverty, chastity and humility. You will attain immortality and eternal peace.

6. Just as a heated iron-ball gets heat and redness from fire, so also the intellect, because of its nearness, gets light from the Atman, the Light of lights.

7. Hair-splitting logic will not give you even an iota of spirituality.

8. Love little but love long.

9. The key to realisation is Satsanga. The gate to realisation is Guru's word. The pathway to realisation is thy heart.

10. The base for perfection is purity of heart. The zenith of perfection is knowledge of the Self.

11. Enquire 'What is life?' 'Whence is man?' 'What is his end?'

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12. Death is the entrance gate to Life Immortal.

13. Purity is the passport of the land of Bliss.

14. Realise the Self as Brahman and realise the world as Brahman.

15. World as world is relative Truth. World as Brahman is absolute Truth.

16. Charge the vision with Wisdom and see the whole world as God.

17. Navigate thy ship of life with the compass-needle of thy mind always pointing towards God.

18. Unite the heart with mind and mind with speech when you pray.

19. Make God your guide when you walk on the path of life.

20. When all desires of heart die, mortal man becomes Immortal.

21. A man without character is really dead, though he lives.

22. There is a power, invisible and universal, Immortal and original, ineffable and transcendental. That Power is God.

23. Without prayer there is no purity. Without purity there is no meditation. Without meditation there is no illumination. Without illumination there is no salvation.

24. To serve Him is thy life. To love Him is thy aim. To merge in Him is thy goal.

25. Brahman or the Absolute reveals Itself to our senses in different forms, as diverse objects.

26. The world of multiplicity is reduced to single unity when one attains wisdom.

27. Every sacred Mantra has in itself the potency of the Spirit.

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28. He knows the world who knows God.

29. The spirit in man is the spirit of the universe. That Thou Art. Realise this and be free.

30. God reveals Himself only to him who makes a sincere effort to realise Him.

31. Open the gates of wisdom. Tear the veil of ignorance. Enter the abode of bliss and rest in peace for ever.

32. Why do you strive and struggle for the fleeting powers of the world. Become the monarch of the Universe by attaining knowledge of the Self.

33. Ethical perfection is the basic requisite for spiritual attainment.

34. He who looks within alone, has an unblurred vision outside.

35. Why God has created the world? This is His Svabhava or nature.

36. This world is an overflow of the bliss of God.

37. Love is joy. Love is bliss. Love is power. Love is God. Love is nectar.

38. Atman or the Self is the illuminating principal in the intellect, the perceiving principle in the mind and the life principle in the body.

39. The entire creation constantly moves towards the Divine.

40. The earth is the foothold of God.

41. Brahman is the thread on which are strung all the worlds and all the beings.

42. Investigation or Vichara is the seed capable of sprouting and flourishing as a great tree of happiness.

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43. Association with the wise is the root-cause for eradicating all misery.

44. The key to the gateway of perfection is purity. The key to bliss is meditation. The key to wisdom is Enquiry. The key to the Divine Ecstasy is devotion.

45. Perfection is one. There cannot be two perfections. If there are two perfections, there is limitation.

46. God is perfection. Therefore God is One.

47. Offer Santi as the flower to the Lord. Offer purity as the flower to God. Offer Daya (mercy) as the flower to the Lord. Offer egoism as the flower to God.

48. God generates, permeates, sustains, absorbs the universe.

49. He who hears the music of the Soul, plays his part well in life.

50. Free yourself from all worldly attachments and attach yourself to the Lord.

51. Strive for that wealth which never fades.

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CHAPTER FOUR

1. Philosophical Truth is not revealed to the weak.

2. Initiation is spiritual birth.

3. Prayer is the rock to which man can cling when he is drowning in the ocean of Samsara.

4. Love looks not with eyes but with heart.

5. From Name springs love of the Lord. From love dawns devotion. Devotion develops into Bhava and Bhava ends in Samadhi.

6. Faith and reason should go hand in hand.

7. Love rules without a sword and binds without a cord.

8. Aim of spiritual life is not merely to know about God but to become God.

9. Sakshatkara or realisation is the final fruition of meditation.

10. The world is the objective appearance of the Absolute or Brahman.

11. If you cannot find God in the world, you cannot find Him in the Himalayan Caves.

12. Check the outgoing tendencies of the mind and direct them inward.

13. That which pricks your conscience is Adharma.

14. That which drags one down from goodness and takes away from God is Adharma.

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15. Renounce what is earthly if you wish to attain what is eternal.

16. There is no greater treasure than contentment. There is no greater virtue than truthfulness. There is no greater bliss than that of the Soul. There is no better friend than Atman or the Self.

17. Man is a bridge between the two worlds—the visible and invisible.

18. A Bhagavata is one who has the vision of God.

19. Nature is the art of God.

20. Scientists unite the world with their inventions and Politicians separate it with their prejudices.

21. Detach gradually from earthly delights and dwell in the constant bliss within.

22. A sage's look is a spiritual fire that burns the impurities.

23. Vanity makes one blind.

24. Be patient with others but impatient with yourself.

25. God reveals Himself in different ways at different stages of evolution.

26. The ghost of mind dances in the theatre of the world to the tune of sense-organs.

27. A saint is the mightiest hero; for he has broken the unbreakable chain of Karma.

28. The worldly bondage has its substratum in the mind.

29. The elimination of ego is the sole condition to Self-realisation.

30. Renunciation of Ego and not running away to Himalayas is Sannyasa.

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31. Look into yourself. You will find the power Divine dwelling within.

32. God is the essential Truth in man.

33. Train up your mind with the thoughts of purity, devotion and fearlessness.

34. We have in us the infinite potentialities of the Lord.

35. Fix the eyes on the feet of the Lord and direct thy hands in the service of humanity.

36. To be lifeless and cowardly is not your nature; for in you lives God who is the omnipotent and Omniscient.

37. Envy is the daughter of pride and the author of murder and revenge.

38. The end of wisdom is emancipation.

39. Knowledge and renunciation lead to the realisation of the Self.

40. The world runs in rhythm because supreme Intelligence is the power behind it.

41. Brahman is the intelligent source of all beings.

42. When subject merges in the object, when the subject loses its identity one experiences Samadhi.

43. Maya, Isvara, Jiva, Jagat are the varieties of appearances of Brahman which is one and unchanging.

44. Bondage and liberation exist not in the Self but in the mind.

45. Sacrifice is self-denial. It is annihilation of selfishness.

46. Self-denial is Self-attainment.

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47. Just as a man sinking in the ocean, suddenly finds a boat to rescue him so also the virtuous actions of the past rescue a man from the ocean of Samsara and take him to Self-realisation.

48. Repeat Hari. Never worry. Seek and Find. Feel and Realise. Assert and Affirm. Aspire and Inspire. Move forward and Godward.

49. Discern and discriminate. Evolve and Expand. Enquire and Discover.

50. Brahman which is one appears as three: Jiva, Jagat and Isvara.

51. When you realise your true nature you will realise the true nature of God and the world also.

52. When Truth is realised Triputi disappears.

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CHAPTER FIVE

1. He who sows generosity reaps love Divine.
2. God is a great artist. This world is His Masterpiece.
3. Love beautifies the giver and elevates the receiver.
4. Give love, you get love; give hatred, you get only hatred in return. This is the natural law.
5. Virtue is the offspring of wisdom.
6. The Saint exclaims 'neither day nor night there is'; 'neither being, nor non-being there is', 'Thou alone art the Sole reality'.
7. Invisible is the form of the Lord to the fleshy mortal eye, but intuitive eye perceives Him as the innermost Self.
8. Mysterious is Maya. Mysterious still is Brahman.
9. Purity is the first requisite for God-realisation. Purity is the gateway to the kingdom of God. A pure heart is necessary to know the will of God.
10. Jealousy is the jaundice of the mind.
11. What is the best to be aspired for? That which gives you eternal happiness. That is God.
12. Destiny is powerless before Divine Grace.
13. Nature is the executive authority to enforce the Will of God.
14. Eschew vanity and enthrone humility.

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15. Bhakti to the idol which has name and form culminates in Para Bhakti to the Absolute which is nameless and formless.

16. Behold the marvellous working of nature, both internal and external, and you will realise the grandeur and glory of the Lord.

17. *'Sanmatram Hi Brahma*—Brahman or the Absolute is pure existence.'

18. All except the Lord perishes.

19. What is the greatest joy that never becomes distasteful? That is the bliss of the Self.

20. Soul, Spirit, Self, Svarupa, Atman, Brahman, Purusha, Chaitanya are one and the same.

21. Introvert. Introspect. Investigate and Intuit.

22. Dispassion dawns when one is purified by devotion.

23. Meditation without dispassion is a wasted effort.

24. Falsehood undermines the effect of one's penance.

25. Believe before you aspire for Supreme beatitude.

26. Life moves by faith alone. Without faith all will perish.

27. Human effort and divine grace are interconnected.

28. To a discriminative mind pain is apparent in all aspects of life.

29. Without dispassion there is no Samadhi. Without Samadhi there is no Self-realisation.

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30. The fundamental purpose of your life is to recognise and realise your eternal identity with Brahman.

31. Nature moulds you constantly into the image of God.

32. Disembodied state is not an after-death state but it is giving up of your identity with the physical body even while living.

33. Why God created this world? Why is the universe? What it is? Why cannot it be something else? Answers for these questions will be revealed when you attain Self-realisation and not until then.

34. Religion is the art of remodelling man into divinity.

35. Egoism is your enemy. Humility is the enemy of egoism. Therefore make friendship with humility and kill egoism.

36. You can know the will of God if you are pure in heart, free from lust, anger, hatred, jealousy, egoism and vanity.

37. Objects are beautiful, but more beautiful, is mind and beautiful still is the Atman or the Self.

38. This Atman is Infinite beauty, Beauty of beauties.

39. Anna (matter) Prana (life) Manas (mind) Vijnana (intelligence) Ananada (bliss) are the stages of the ascendency of the Spirit.

40. The final destiny of man is the realisation of the Immortal through this mortal frame.

41. Satsanga is spiritual fellowship.

42. Graft your heart with the feet of Sat-Guru. You will grow into a Godman.

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43. The fire of anger burns up all that are noble, good and beautiful in you.

44. Break the bars of desires; come out of the cell of flesh; move about freely and fearlessly in the kingdom of God.

45. Sense-perception is self-deception.

46. Close the gates of the senses. Shut the door of the mind. Light the lamp in the inner chamber of thy heart and stand face to face with the Lord.

47. Like the flow of Ganga let thy meditation be continuous.

48. Let the mirror of thy mind be cleansed of all impurities and be steady without any oscillation.

49. Conquest of mind is very hard indeed; but not impossible. Therefore try and try, again and again, you will succeed at last.

50. Ego is the price if you want to attain God.

51. Beware of your subconscious impulses. They are your unseen enemies hiding within. They attack you even without your knowledge.

52. 'God is in heaven'; 'The Kingdom of God is within you'; 'I and my father are one'. These are the stages of spiritual attainment according to Bible.

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CHAPTER SIX

1. Co-operate with Sattva. Control Rajas and annihilate Tamas.

2. You cannot attain the grace of the Lord without discrimination and Satsanga.

3. 'I-ness' and 'mineness', really constitute Maya, the illusory power of the Lord which deludes man.

4. Courage, purity, Satsanga, Hari Bhajan, compassion, worship of the Lord are the fundamental virtues that an aspirant should possess.

5. Divine grace demands a sincere and sustained effort.

6. Sincerity and earnestness, faith and aspiration are the essential requisites of a Sadhaka.

7. Clean the dross of the mind. Purify the heart of all dirt and polish its chamber. Make the seat steady and invite the Lord to dwell in.

8. You are possessed by the devil of ignorance. Attain wisdom and become a sage.

9. Divine Life is a synthesis of service, devotion and knowledge.

10. Atman is an ocean without a shore or surface.

11. Aim of religion is to unite man with God.

12. Life here is only a chapter in the book of eternity.

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13. He only is advancing in life whose heart is getting softer, whose blood warmer, whose brain quicker and whose spirit is entering in living peace.

14. Sow love, reap peace; sow humility, reap reverence; sow meditation, reap wisdom; sow prayer, reap grace.

15. Reject not anything; crave not for anything.

16. Where there is no selfishness there is peace, joy and illumination.

17. Kindle the light of love in the heart and radiate love and light to one and all.

18. Faith in God illumines the path of the aspirant.

19. Intense aspiration, firm determination, constant application lead to quick realisation.

20. Every suffering, every pain, every adversity moulds you little by little into the image of God.

21. Split the ego and you will become one with the Infinite.

22. Meditation is the invocation of the divinity lying deep within.

23. Temptation is the test of spiritual growth.

24. Annihilation of the ego and the attainment of the Self are simultaneous.

25. You have within you the omnipotence of the Lord. Invoke it through meditation.

26. Sadhana is a lifelong process. Every day, every hour, every minute is an onward march. Obstacles are innumerable in this great voyage. But so long as you hold God as thy guide there is nothing

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to worry about. You are sure to reach the other shore.

27. This Samsara is an ocean. Life is the boat, God is the boatman. Undertake this voyage and reach the other shore of immortality and eternal peace.

28. The senses, nose, ear, eye, etc., are many but the vital air (Prana) which operates on these is one.

29. Names and forms are many but the underlying consciousness is one.

30. OM is the matrix of all sounds and words.

31. Prayer is thy spiritual food. Prayer is thy spiritual nourishment. Without prayer the soul decays.

32. Take delight in giving. Take delight in distributing. Take delight in sharing. Take delight in renouncing.

33. Prayer purifies. Service elevates. Prayer expands thy heart and service inspires thy soul.

34. Life is but a link in the eternal chain of transmigration. Every life is an onward march.

35. Prayer and meditation are the food and water of the Soul.

36. Sow the seed of prayer. Water it with continuous Japa. Fence it with purity. Remove the weeds of evil Vrittis. Reap the fruit of immortality.

37. Satsanga keeps the fire of aspiration blazing in the heart of man. Satsanga bestows spiritual nourishment. Satsanga is one of the gates to Moksha.

38. Be blind; you will see. Be deaf; you will

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hear. Die to the lower self; you will live in the Eternal Life.

39. The best of virtues is Truth. The best of jewels is Peace. The best of wealth is Atma-Jnana. The best of possessions is renunciation.

40. Mineness is the cause of all pains and sorrows. Mineness is the essence of Maya.

41. A wise person acting in conformity with Truth, conquers death.

42. Diplomacy is hypocrisy practised as a system.

43. Diplomacy is polished cunningness and crookedness.

44. He who has Brahma-Jnana or the knowledge of the Self is really educated and others, D.Litts. and Ph.Ds. are all uneducated.

45. Annihilation of ego and identification of Self are simultaneous. Dawn of wisdom and dispelling of ignorance are simultaneous.

46. The man of faith, devotion, self-control,virtues and renunciation is most dear to the Lord.

47. Absolute existence is Is-ness or Be-ness. Absolute existence is Para Brahman or Truth.

48. Compassion is not weakness. Compassion is Divine Power.

49. A sage does not reject anything, does not crave for anything, does not acquire anything, and does not renounce anything.

50. Humility draws in Divine Grace. Faith draws in Divine Grace. Surrender draws in Divine Grace. Prayer draws in Divine Grace.

51. Develop faith, practise humility, pray regularly, and surrender unconditionally unto His Will.

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CHAPTER SEVEN

1. Divine Life bestows happiness, blessedness, goodness and godliness.

2. Divine Grace should back up personal effort. Then alone God-realisation is possible.

3. Supreme Love comes only by the grace of the Lord.

4. Behold the Light that lighteth everywhere.

5. Where Absolute Knowledge and Absolute Existence prevail there is Absolute Bliss.

6. Uttered even unconsciously and much more so, consciously, the Divine Name rescues one from the ills of life and confers Salvation.

7. You can develop will-power if you do what the mind does not want to do, and do not do what the mind wants to do.

8. You will be always peaceful if you are able to calmly witness the mental modifications.

9. Remain unaffected by the everchanging mental Vrittis by identifying yourself with the unchanging Atman or the Self.

10. It is divinity that shapes, not only your ends but also your acts, words and thoughts towards those ends.

11. Beginning and end are mere illusions. Endless and beginningless is the Soul or Atman.

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12. Let your eye look with kindness, your tongue speak with sweetness and your hand touch with softness.

13. Divine Grace is the fruit of self-surrender. A few drops of Divine Grace will bestow upon you ocean of Bliss

14. Yield not to Tamas and Rajas. Stick to Sattva. Get yourself rooted firmly in Samadhi.

15. Sit steadily. Relax perfectly. Meditate regularly. Realise quickly.

16. Discontentment regarding wealth and pleasure causes one untold misery. Therefore be content with what you get by chance.

17. Let Dharma underline your quest for enjoyments.

18. Have constant contact with your mind and intellect through the eternal laws of God. Then alone your life will have some meaning.

19. Self-control is the *sine qua non* of spiritual success.

20. Be inspired by the faith:'God created man in His own Image' and always strive to be true to this Divine heritage.

21. The Supreme Being, Brahman which is the mark or target should be hit by one who is serene and self-controlled, and who has subdued his senses and mind.

22. God walks with the simple, reveals Himself to the humble, gives understanding to the noble, and hides His grace from the proud.

23. Sadhana is the effort. Siddhis are the effects. But Self-realisation is the goal. Practise rigorous Sadhana till you attain that Supreme Goal.

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24. There may be ups and downs, storms and stresses, smiles and tears, as you go on living your life amidst its many vicissitudes, trials and tribulations. Do not lose faith but press on with a firm conviction that God wants to mould you in His own Image through sufferings and tribulations.

25. Avidya or ignorance persisting for ages and the association with the grosser elements of matter has developed to such an extent that the Spirit has apparently become benumbed.

26. Lift yourself up from the mire of matter and mind through wisdom. Let your mind and eyes be fastened to God.

27. Prayer is the greatest and the most effective antibiotic to kill the germs of evil Vrittis that germinate in the mind. Therefore pray regularly.

28. Love is the moving principle of all forms of fellowship. Love redeems. Love transforms. Love purifies. Love promotes understanding.

29. God is with those who persevere patiently, and put away all earthly anxieties.

30. God's grace materialises only when the seeker's effort is sincere and genuine.

31. Life in spirit is real living. You will lag behind if you depend upon bodily life.

32. Glorious is the world of God around us but more glorious is the world of God within us.

33. Thoughts of God cheer up the body, mind and spirit. Names of God soothe the nerves. Love of God bestows peace and joy. Knowledge of God breaks the fetters of Karma.

34. A true hero is one who conquers the inter-

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nal enemies, *i.e.*, lust, greed, anger, hatred, jealousy, etc.

35. Never worry about what other people say or think. Do the right. Have a clear conscience. Roam about happily.

36. Sense of void, sense of want, sense of imperfection, sense of limitation—all these will not leave man till he attains Self-realisation.

37. Sense of Fullness can be attained only after Self-realisation.

38. Ingratitude is not a crime but a sin.

39. Peace is the fruit of fervent prayer. Joy is the fruit of generous sharing. Bliss is the fruit of intense meditation.

40. Hold the torch of discrimination. Walk in the path of meditation. Keep the guide of dispassion. You are sure to attain illumination.

41. A joke is a clever insult.

42. Only one who has seen the real sun can testify that the reflection seen in water is that of the sun. Similarly one who has seen the Lord within only, can realise that it is God's reflection that pervades the entire cosmos.

43. Ahimsa, Abhaya and Asanga (non-injury, fearlessness, and non-attachment) are the three abiding virtues of a wise man.

44. Annihilate ruthlessly fear, hatred and timidity from your heart, if you want to attain God-realisation.

45. As seeds germinate and grow easily in a tilled soil, so also seeds of noble thoughts fructify in the heart which is weeded out of its impurities.

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46. Develop always positive and constructive thoughts. Even an evil thought in the mind drags you down.

47. Wherever there is arrogance, there is neither faith, nor devotion, nor wisdom.

48. When the owner sleeps, the house is at the mercy of the thief. Similarly as long as the soul is asleep, this body-house is at the mercy of the five thieves—lust, greed, anger, hatred and attachment.

49. When the man in India takes his breakfast, the man in Australia takes his lunch and the man in America takes his dinner. Time is Maya's jugglery. Realise the Timeless Eternal Truth of Brahman.

50. A tree can be used either for building a house or for making charcoal by means of fire. So also mind can be utilised either for spiritual evolution or can be reduced into ignorance by the fire of five passions.

51. Peace and tranquillity are for the one who has attained Self-realisation.

52. Knowing is Being. Chit is Sat.

53. One who has nothing else but wealth is the poorest man.

54. Regret not about what you had been. Try to make yourself worthy now.

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CHAPTER EIGHT

1. Spiritual progress is measured by the amount of broad-mindedness, selflessness, dynamism and dedicated service, that the aspirant exhibits in practical life.

2. True satisfaction and contentment are attained only by a saint.

3. Discord and diversity are the products of deluded understanding.

4. Objects do not bind you, but it is the desires that bind you. Therefore annihilate desires.

5. When do I say 'I exist?' When I know that I exist. Existence without awareness or consciousness is meaningless and absurd. Therefore Sat is also Chit. Existence is also pure Consciousness.

6. The more the service, the more is the purification. The more the purification, the more is the expansion. The more the expansion, the more is the illumination. The more the illumination, the quicker is the salvation.

7. Amidst activities try to be calm. Amidst responsibilities try to be detached. Amidst crowded engagements try to be in solitude in thy own heart. Amidst emotional conflicts try to be tranquil.

8. Learn to suffer more and enjoy less. For, in suffering there is more purification and in enjoyment there is more bondage.

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9. Conscious mind contains the impressions of Prarabdha Karma, Subconscious the Agami Karma, and the Unconscious contains the Sanchita or the storehouse of impressions of innumerable births.

10. Conscious mind works in the waking state, subconscious, in the dream state, and the unconscious, in the deep sleep state.

11. Mineness is the fuel with which the fire of ignorance burns. Stop the supply of fuel and the fire will be extinguished.

12. Don't blame God and destiny for all your failures and shortcomings. Strive hard, sincerely to be good and to do good.

13. Karmas cannot be annihilated. They have to be worked out. But you can change your angle of vision by attaining wisdom and detach your mind from their effects, good or bad.

14. Divine wisdom, Godward devotion, universal compassion, spiritual service and inner purity—these are the five rays that emanate from a Jnani.

15. To live with the awareness of the Lord within, to perceive His presence in the Nature, and to feel Him in all beings is indeed Divine Life.

16. Without service and love you cannot dream of Advaita, realisation of oneness even in crores of births.

17. Thought becomes speech. Thought becomes action.

18. Entertain noble, divine thoughts. You will have noble, divine speech and perform noble divine actions.

19. Learn to see God everywhere. This is real food for the eye.

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20. You can see better, hear better, taste better, think better, when you entertain sublime, divine thoughts.

21. Identification with Atman is Svadharma. Identification with the body, mind and the senses is Paradharma or foreign to one's essential nature.

22. Renunciation is mental nudity and not changing the physical garments.

23. As long as you are haunted by the 'me and mine' ideas you cannot dream of any spiritual progress.

24. You are not a creature of time in the material universe. But you are the spark of divinity. Assert this and roam fearlessly.

25. Humility and dispassion are the two eyes of the aspirant. Without them, the aspirant is blind though he may possess everything else.

26. Temples are shadows of Reality. Idols are reflections of Reality.

27. The state of a Jnani or a Jivanmukta is beyond description. For all external appearances he is a man but inwardly he is a Superman, a God in human cloak.

28. The Law of the Lord is Love. The Language of the Lord is Silence.

29. Generosity is giving more than what you can and greed is taking more than what you need.

30. Seeking absolute happiness in the sensual objects is like running towards a mirage to quench the thirst.

31. We choose our joys and sorrows long before we experience them.

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32. Deluded by the threefold nature of Gunas (modes) man is unable to see the one essence that is hidden in all beings.

33. Maya is that power of the Lord which deludes man to see multiplicity where there is unity, many where there is one, names and forms where there is pure consciousness.

34. When water flows, it washes away the mud; so also when the water of Bhakti flows, the mud of ignorance is washed away.

35. Thoughts create desires. Desires make you act with selfishnes. Actions produce fruits. The fruits of actions lead to bondage. Therefore destroy thoughts and attain freedom.

36. Doubt is the mirage and the Guru is the oasis; ignore the mirage and reach the oasis to enjoy real peace.

37. Mind turned inwards becomes the self, and mind turned outwards becomes the world.

38. Benevolent persons enjoy the fruits of their wealth. Misers suffer grief from their wealth.

39. Make friendship with humility. Then the people of the world will be your friends.

40. Humility is an ornament to a man of position and dignity.

41. Where there is self-denial, self-extinction, there the Lord's grace flushes the whole being of the seeker.

42. If you acquire contentment you can enjoy the kingdom of repose.

43. Gold and silver are the wealth of the arrogant rich. Peace is the wealth of God-fearing poor.

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44. Do not get intoxicated with the cup of greed but get intoxicated with the elixir of Devotion.

45. Those who fall into the snare of greed suffer from poverty of the soul.

46. Break the chain of desire and get deliverance from sorrow.

47. The joy of hope is better than the actual achievement of the objects.

48. Faith induces one to pray. Prayer purifies the heart. In the purified heart is reflected the Light of the Lord. When the light shines mortal becomes immortal.

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CHAPTER NINE

1. Ethical perfection is the base. Purification, concentration, reflection, contemplation, meditation and illumination are the various camps. Brahmic Bliss is the peak reaching which the mortal becomes immortal.

2. Ascend the path of Truth O Spiritual Hero! Step slowly and steadily, with patience and perseverance.

3. Obstacles are many. The process will be arduous, difficult but not impossible. So march on with courage.

4. Through selfish actions we may attain success for the moment, but the blow of failure will come afterwards and cast you down. during the height of your success. Therefore be unselfish always.

5. The mere intellectual learning is no knowledge. Real knowledge dawns with spiritual illumination.

6. That which enables you to discriminate between right and wrong, permanent and impermanent is real knowledge.

7. College education is incomplete unless it induces in one the sense that Knowledge is limitless.

8. Eradication of evil qualities in you is just like dusting away the dirt on a mirror. When the dust is removed you can see the beauty of your face in the mirror. When evil qualities are eradicated, you can see the beauty of the Self in your heart.

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9. Those who concentrate on the external voices of the world shut their ears to the subtle inner voice of the Self.

10. You can secure happiness if you contribute to the happiness of others.

11. Idleness makes your mind dull just as the rust makes the iron dull.

12. Man is a piligrim. The world is a rest-house. Live in the world as if in a rest-house with the correct understanding that nothing that you find belongs to you.

13. While performing idol-worship see God as the idol, then see God within the idol and later forget the idol and see Him as formless Consciousness.

14. The food has to be digested and assimilated to have a healthy body. Similarly the advice of Guru has to be digested by deep thinking and assimilated to build up a healthy mind.

15. If you die to the body and the mind you can conquer death.

16. Desire for sensual pleasures keeps you tied to this world. Grow the wings of Bhakti and Jnana and fly to the eternal abode of everlasting peace and joy.

17. Sages and saints think alike.

18. Time heals. Work also heals.

19. Simply looking at the face of the Guru is not devotion. Disobedience even in little things is not devotion. Indiscipline is not devotion. Self-justi-

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fication is not devotion. Self-assertion is not devotion.

20. A divine man stretches out his hands to give. An ignorant man stretches out his hand to receive.

21. The value of a gift is not measured by the price you offer for it, but by the love with which it is offered.

22. Little acts of self-denial, little words of sympathy, little acts of kindness, little acts of charity—these are the bricks with which the foundation of Divine Life is built.

23. Wealth lost can be replaced by work. Knowledge lost can be regained by study. But time lost, can never be regained.

24. Be like a river. Dirt and filth of cravings and desires will be poured forth into you from either sides. But by the constant flow of the water of devotion you will remain pure.

25. You can escape from the heat of passion and greed by taking shelter under the tree of discrimination.

26. When you are sweating in hot pursuit of ambition, climb to the cool heights of contentment.

27. Sunlight falls equally on all surfaces. But only a polished metal reflects it. Similarly Divine Light falls equally on all but only the pure hearts can reflect it fully.

28. What sunshine is to flowers, prayer is to humanity.

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29. Repeating the name of God once with devotion is better than repeating it several times with the mind far away from God.

30. When the sun disappears from one part of the world it appears in another part of the world. The sun exists always even when we do not see it. Similarly the soul does not die even when it seems to disappear from the body after death.

31. An ignorant man tries to put others right. But a man of wisdom tries to put himself right.

32. Grow the wings of aspiration and rise up from earth to heaven.

33. As rain-water prepares the soil for the germination of seeds, so does dispassion for the germination of wisdom.

34. Evil thoughts cannot enter the heart whose doors are guarded by the thoughts of God.

35. Sorrows are like hunger, caused by spiritual starvation and will be relieved only by spiritual food.

36. To get rid of external conflicts we should go to the inner solitude.

37. As sleep is necessary for the well-being of the body, so solitude at home is necessary for the well-being of the soul.

38. He who has control over his tongue is greater than a hero in a battle.

39. Push out the king of lust, hatred and passion who has usurped the throne of your heart and invite the righteous and rightful monarch of love, purity and peace.

40. Wisdom never dawns upon the mind which is under the control and mercy of desires and expectations and is destitute of contentment.

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41. The mortal sheath craves for gratification of desires; the Spirit imposes discipline. The mortal sheath is extrovert and noisy; the Spirit is introvert and silent. The mortal sheath is subject to moods, but the Spirit is always peaceful.

42. An ordinary man is a slave of thoughts. A Sage is a master of thoughts.

43. A man who has defeated another may in turn be subdued, but one who has conquered his lower self can never be subdued by anyone.

44. He who is contented, who is not desirous of what he has not got, is quite unaffected by what he has got and never experiences elation and dejection.

45. To be wise before an action is wisdom. To be wise during the course of an action is cautiousness. To be wise after an action is folly.

46. There is no such thing as a bad man. Recognise the truth in him and help him to express it.

47. The temple of righteousness is supported by the four pillars of compassion, love, purity and wisdom. The door to the temple is selfless service.

48. Past and future are dreams. The present moment is the only reality. Try to make the present divine. This will lead you to Eternal Bliss.

49. Avoid slander as a poisonous snake, or else you will be caught in its coil.

50. Where truth resides there is no discord.

51. Those who are suffering now would know that they are reaping what they have previously sown, and by sowing good deeds now they can in future reap a rich harvest of happiness.

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CHAPTER TEN

1. Just as drug makes a man enter into deep sleep, so also comforts and luxurious living, drug the Divinity in man and sink him into the deep slumber of ignorance.

2. Retire into the solitude. Negate all that is cognised. Discard them one by one. Transcend them. You will realise the Self.

3. Mere theoretical knowledge of music does not make you a musician. So also theoretical knowledge of the Self does not make you a realised soul.

4. The Atman or the Self is there at all times. Just as things in a room which are invisible in the darkness become visible the moment light is brought into the room, similarly the Self remains hidden due to the darkness of ignorance and becomes visible when the light of Wisdom is brought forth.

5. Self-realisation is not attained by intellectual activity but attained by the cessation of all mental modifications.

6. If you try to attain Self-realisation by the effort of the intellect it will be just like trying to stamp with one's foot on the shadow cast by one's own head.

7. Objects are only reflections in the Eternal Supreme Consciousness.

8. With a perfectly still mind if you can be-

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come aware of the interval between two perceptions, you can get a glimpse of Pure Consciousness.

9. Prevent your mind from going outwards, become still and watch it. You will succeed in attaining God-realisation.

10. That state which, like a thread in a flower-garlend, passes through the three states of waking, dream and deep sleep is the Real Self.

11. Just as the rays of the sun are invisible but are capable of illuminating objects, Consciousness though invisible illumines everything.

12. If the bliss you experience during meditation with closed eyes disappears when you open your eyes again, then know that what you experienced is not perfect bliss. Perfect Bliss is unconditional.

13. The transient blissful state which you experience during meditation is due to the reflection of the Self through Anandamaya Kosha.

14. From the womb of devotion is born the child of wisdom.

15. The bedrock of religion is Dharma. The bedrock of wisdom is discrimination. The bedrock of devotion is faith. The bedrock of Yoga is Yama or Self-Control.

16. Just as we exist during the dream and survive the dream, so also the Lord exists during the creation and survives after the dissolution.

17. Creation is like a picture drawn on the canvas of pure consciousness or like an image on the surface of the mirror of pure consciousness.

18. Just as reflections have no existence outside the mirror, so also the universe has no existence outside the cognising factor, *i.e.*, mind.

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19. Since the Absolute consciousness is infinite, the creation cannot be outside it.

20. Self-forgetfulness or forgetting one's own Pure Self is verily suicide.

21. Essence of Vedanta is Self-realisation. Essence of Yoga is union with God. Essence of Bhakti is communion with the Lord.

22. The essence of Kundalini Yoga is the union of the Sakti with Lord Siva.

23. Just as the mirror remains unaffected by the different objects reflected in it, so also the Absolute Consciousness remains unaffected in spite of the multifarious creation.

24. When objects are moving in front of a man, if he wants to see the space, he has only to turn his attention away from the objects; similarly if the attention of the mind can be turned away from all thoughts that pass, Self will manifest itself.

25. A mirror reflects the objects as well as the space in front of it. But the moment the mirror is covered with tar, it will neither reflect the objects nor the space. So also, in deep sleep since the mind-mirror is covered with the dark tar of ignorance, it is not aware of the objects or the Pure Consciousness.

26. Every moment in the waking state that is free from thought is a state of Samadhi. It is unnoticed because it lasts only for a fraction of a second.

27. World is God limited by mind.

28. 'Live to die' is the motto of the worldly peo-

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ple. 'Die to live, is the motto of an aspirant.

29. Just as rays have come from the Sun, sparks from the fire, waves from the ocean, the Jivas or the individual souls have come from Para-Brahman or the Absolute.

30. Just as you can see minute germs, blood-cells, etc., through the instrument of the Microscope, you can see the Self or Atman through the instrument of pure intellect.

31. Pride is a sin. Identification with the body is a sin. Selfishness is a sin. Ignorance is the greatest of all sins.

32. Doubt is a sin. Forgetfulness of God is death.

33. Wisdom of the Self is the ripe fruit of the beautiful flower of virtue.

34. God reveals Himself in different ways to different devotees according to their stages of development and aspiration.

35. When the beast in man perishes, the God in man manifests.

36. The universal Law never favours anyone. It deals with every man as he deserves.

37. Eternal joy resides within the fortress of unselfishness.

38. Justice, humility, compassion are the fundamental virtues of a saint.

39. God is time. Time is God.

40. It is better to suffer loneliness than to be in evil company.

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41. Conscience is the Divine Fire which burns you when you do a wrong act.

42. Prayer is the mystic bridge built across the gap between God and man.

43. Aham Chit. Tvam Chit. Jagat Chit. I am Absolute Consciousness. You are Absolute Consciousness. This world is Absolute Consciousness.

44. No one can go through life without making mistakes. Do not brood over the mistake. Repent for it; then forget it, but remember the experience gained.

45. Charity is love.

46. Body and mind are governed by law.

47. There is neither preordination, nor exertion. God does everything but man on account of his egoism feels that he is doing.

48. If you are perfectly free from desires and egoism you will not enter again into the birth and old age.

49. He is a Jivanmukta who rests in his own Satchidananda Atman.

50. I am always the knower, the knowing subject. I can never become an object.

51. Atman is always the knower. It can never become the object of perception as it is extremely subtle and infinite.

52. Forget and remember. Forget the body. Remember "I am the all-pervading immortal Soul."

53. Remember. Remember God. That is all. Nothing is to be added.

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54. Everything is painful here. Everything is impermanent. Everything is not-Self. Therefore seek the Self, the permanent and ever-blissful.

55. He who is contented and calm is happy.

56. Happiness comes from within. It cannot come from without.

57. Happiness is in one's own Self, and not in objects.

58. Happiness comes when the individual merges in God.

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